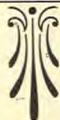


# The Battle Creek Sanitarium,

Michigan, U.S.A.



WE are glad to show our readers this month a cut of the new main building of the Battle Creek Sanitarium, which is rapidly nearing completion. In our issue of last June, we gave a brief history of this Sanitarium and the work which has grown out of it, including the starting and successful operation of about thirty branch institutions in various parts of the world, as well as the publication of a dozen health magazines and a number of books on popular health subjects. The object of this whole movement is to spread a knowledge of right principles—to



get men and women to regard their bodies in the light of temples of the Holy Spirit, and treat them accordingly. The use of simple, natural remedies in the treatment of the sick is also included. It is our expectation to start a similar institution in Great Britain, as soon as the necessary funds are in hand. Friends desiring further particulars in regard to our work may address their inquiries to *Good Health*, 451 Holloway Rd., London, N. We still have a few copies of the June issue, which will be sent post free, at 2d. per copy.

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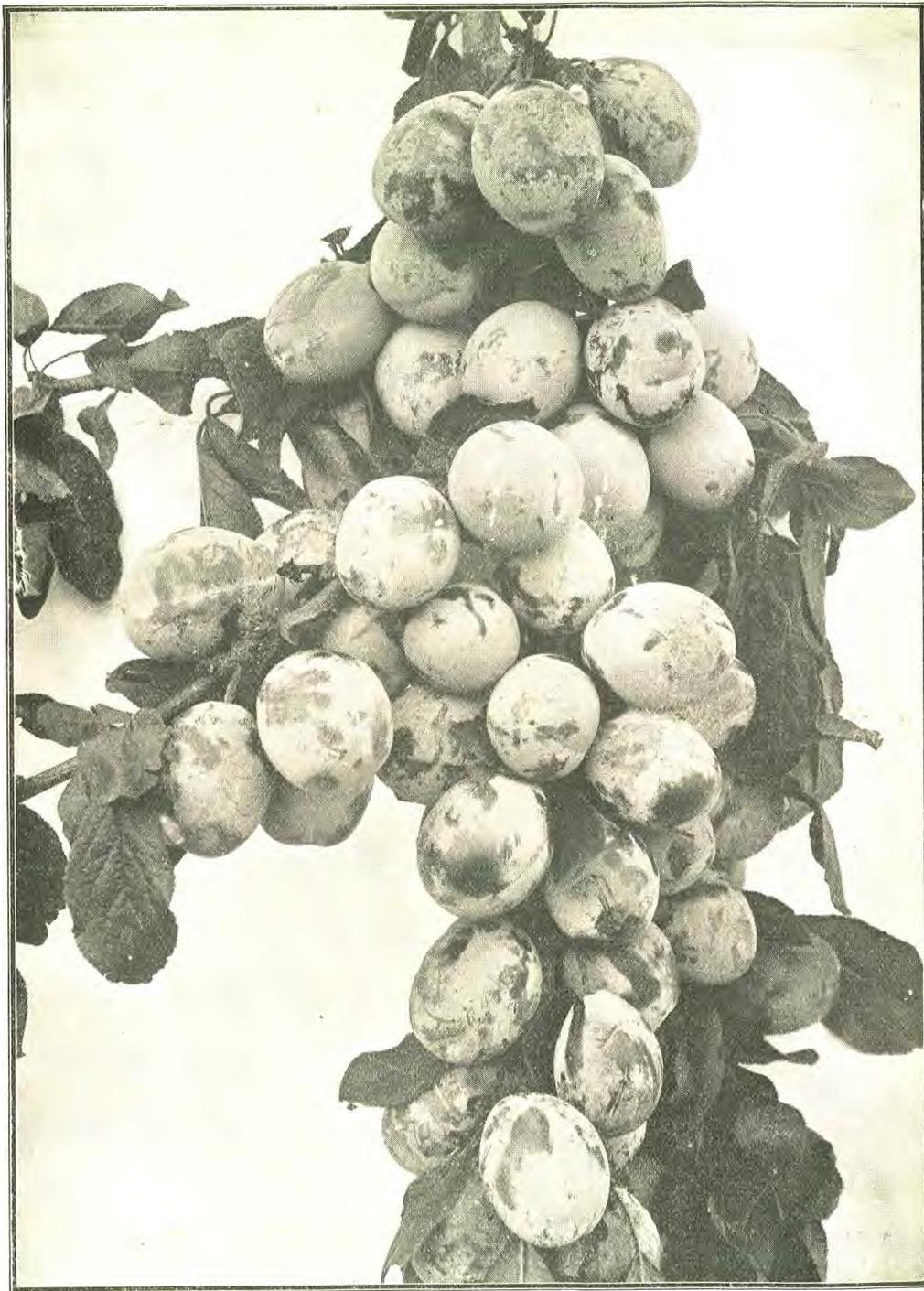
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[See page 247]

CALIFORNIAN PRUNES ON THE TREE.

# Good Health

An Illustrated Monthly Magazine Devoted to  
Hygiene and the Principles of Healthful Living.

Entered at Stationers' Hall.

Vol. 1.

January, 1903.

No. 8.

RAILWAY travelling in cold weather is exceedingly uncomfortable with the present lack of heating facilities. A decent regard for the public health should cause the railway companies who have not done so, to arrange for warming and ventilating their cars. The travelling public have a right to demand it.



**Lunatics Increasing.**—The increase of lunacy is one of the signs of race deterioration. According to the official reports, we have in England and Wales more than three times as many lunatics as were known in 1859, the percentage to the population having nearly doubled. The three leading causes mentioned are, first, mental anxiety and overwork; secondly, strong drink; thirdly, heredity.



**Hypnotism's False Claims.**—Hypnotism has made great claims as an agent for the treating of disease; but impartial investigation is proving the falsity of these claims. As a substitute for anaesthesia, hypnotism has proved a failure. On the other hand, evidence is not wanting that the art has been practised in a way to lead the victim to perpetrate crime. The courses in hypnotism which have been so generally advertised would best be severely let alone by all who value health and character. Hypnotic suggestion, it hardly needs to be added, is contrary to Gospel

principles, according to which every human being must be left free to act as a moral agent accountable to God.



**Old Age and Simple Living.**—Pope Leo XIII. affords a striking example of the value of simple, abstemious habits in prolonging life and working ability. When elected to office in 1878, the Pope, then almost seventy years, was by no means a strong man; but his vigour, endurance, and remarkable capacity for work have astonished the world. It is quite generally known that he is methodical in his manner of life. He rises regularly at seven o'clock, and after attending to various religious duties, takes a light breakfast at nine. From breakfast till dinner, which is also a very simple meal, the time is occupied with correspondence and other official business and literary work. The third meal consists of a light supper of fruit, and nine o'clock finds the pontiff ready to go to bed. It is stated on what seems to be good authority that the Pope's personal expenses amount to less than 1/8 per day.



**What is Ptomaine Poisoning?**—A newspaper reports a jury verdict: "That deceased died from ptomaine poisoning caused by eating fruit." There is evidently a lack of clear ideas as to the nature of ptomaine poisons, for they are not known to develop except in animal foods, meats of various kinds being the most susceptible,

and cheese, also, being sometimes affected. About the only way that fruit could be affected with ptomaine poisoning would be by contamination from meats. In some parts of the country the fruit shops deal in poultry, game, and fish, as well. Under such circumstances it would be almost impossible to avoid contamination. Fruit bought in such places should be washed with special care.



**To Overcome the Drink Habit.**—“Can you tell me how I can overcome the drink habit?” is the question of one of our correspondents. Yes; there is one way. Say, “NO;” and keep saying no. Co-operate with God by conforming to all the laws of health; eat mild foods, avoiding flesh meats and irritating condiments, such as pepper, mustard, etc. Drink plenty of pure water, and let your diet consist largely of fruit. Oranges, apples, and grapes are an excellent cure for inebriates. Take plenty of exercise in the open air, and cultivate a quiet, contented frame of mind. Remember, God is your Friend; He will stand by you in the hour of hardest temptation, and if you will but persevere, the result will be glorious victory. The Gospel has power to save from slavery in every form.



**Report on the Derby Outbreak of Poisoning.**—Dr. William J. Howarth, medical officer of health for the borough of Derby, and Professor Sheridan Delépine have submitted their respective reports on the outbreak of ptomaine poisoning in Derby. Approaching the subject from entirely different points of view, they have arrived at similar conclusions. The *Lancet* gives Dr. Howarth's most important points as follows: “(1) That in the majority of cases the infection was conveyed by means of pork pies; (2) that the meat of the pies was the infected portion; (3) that the flesh of the animal was not infected at the time

of slaughtering, but that the meat became contaminated during preparation in the chopping house; and (4) that the infection, which was of excretal origin, most probably gained access to the chopping house from the large intestines which were brought into this place on the day when the pies were made.” Professor Delépine also reported that the outbreak of illness was due to the presence of a bacillus which had gained access to the meat through faecal pollution. Both gentlemen urge the importance of strict supervision of all such establishments. The *Lancet* points out that under existing conditions, *there is no way by which security can be felt that proper precautions are observed in the preparation of these cooked foods.* Evidently the only safe course, under such circumstances, is to do without them entirely.



**Food or Garbage—Which?**—Under the appropriate title “Garbage-Mongers,” the *Lancet* of November 1, 1902, relates two recent instances of putrid meat being offered for sale, and urges the need of laws providing heavier penalties for such offences. In the one case ten pieces of pork and sixteen pieces of veal were on sale, the former being “green and slimy,” the latter “slimy, suppurating, and decomposed.” The defendant, who was sentenced to four months' imprisonment with hard labour, claimed that the meat was only “muggy,” and “if it was wiped, it would be all right.” This statement of his probably throws light on the methods resorted to by dishonest members of the trade in order to improve the appearance of their wares. The other culprit was a provision dealer, who was summoned for having on sale fifteen rabbits more or less covered with green mould, and smelling badly. The dealer admitted this last point, but said *he did not think the rabbits were unfit for food.* He was fined 40s. and costs.

What a travesty on man, created in the Divine image, and endowed with the noblest faculties, that he should regard meat which bore the character of carrion, as fit food to offer his fellow men! Unfortunately most cases of this sort do not come to light at all. The quantity of decomposed fish and meat interred in human stomachs is enormous.

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**Doctors, Tobacco, and Stout.**—The New York *Thrice-a-Week World* asserts that "Kaiser Wilhelm, on the advice of his doctors, is breaking himself of the smoking habit," and then remarks: "It is a fact worth noting that you never hear of doctors advising the great men of the world to form the smoking habit." That is very true, and it is to the credit of the doctors. Unfortunately, however, we do hear of doctors advising nursing mothers to take a little stout now and then. Such pernicious advice doubtless has much to do with the present shocking drunkenness among the women of this country. Even if alcoholic drinks were valuable as medicine, the awful risks connected with their use should deter physicians from recommending them to patients. Strong drink is a curse under all circumstances, and never a blessing.

→\*→\*

### Have Women a Right to Smoke?

—Certainly. If smoking calms the nerves, and is such a boon to men, why should not the fair sex profit by it also? There are no reasons for men smoking that will not apply equally well to women. Someone has suggested that the kisses of the fair would not be half so sweet, if flavoured with nicotine. Granted; but is the man who loves his pipe, and whose very breath is reeking with tobacco, entitled to the kisses of a pure, sweet woman? Is there anything in nature or revelation to indicate a higher moral standard for women than for men? Not that we would encourage

smoking on the part of women. Such a departure would be most unfortunate from every point of view. In fact, remembering that the body is the temple of God, we believe we are safe in saying that no one has a right to injure it by smoking.

→\*→\*

**Beef Extracts Considered from a Nutritive Standpoint.**—The opinion generally prevails, and is industriously disseminated by judicious advertising, that meat extracts are peculiarly valuable as nourishing, health-giving foods. For instance, the public is gravely informed that if it would avoid influenza, it should patronise a certain preparation of this sort. As a matter of fact, these extracts of meat are almost worthless as foods, and, moreover, capable of doing considerable harm. We have no hesitation in saying that the meat itself, cooked in a proper way, is less objectionable. The reason for the slight nutritive value of this general class of foods is admirably set forth in an article by Dr. J. H. Kellogg, from which we quote as follows:—

The only portion of the flesh of an animal which is possessed of real nutritive value is the part which has been alive and active before death. These living structures are not soluble; if they were, an animal which happened to fall into the water would dissolve like a lump of sugar. During life there is a small portion of nutritive material in solution in circulation in the body. After death, this small amount of soluble food material is rapidly converted into excrementitious matter; and as the skin, kidneys, and lungs cease their action, these poisonous substances rapidly accumulate within the body, the molecular, or cell-life, of the body continuing some hours after death. It thus appears that beef tea, as a French physician recently remarked is "a veritable solution of poisons." The only portion of the flesh which has any nutritive value is that which is thrown away in making the beef tea or extract. The popular faith in beef tea as a concentrated nourishment has, however, become so thoroughly fixed and rooted that some time will be required to rid the world of this erroneous idea.



## THE FOOD PROBLEM.

BY M. ELLSWORTH OLSEN.

### Part I.—Some General Principles Relating to Diet.

THE food problem is one of national importance. Rightly viewed, the feeding of a nation is a matter of vastly greater consequence than the arming of that nation. It is not the guns, but the men behind the guns that determine the issue of the world's battles. Other conditions being equal, the nation which develops the highest type of manhood and womanhood will lead in every achievement.

Public interest in the matter of diet has increased of late years. Now every intelligent person is expected to make himself somewhat familiar with food values and the general principles of dietetics; some years ago the matter was supposed to receive attention only of the so-called

#### “Diet Cranks.”

Probably one main reason for the present widespread interest in dietetics may be found in the fact that digestive disorders are getting to be very common. Not only do they cause great misery and many untimely deaths, but they bring about a weakened state of the system, which renders it liable to a host of other diseases. Many excellent authorities believe that im-

paired digestion is the first cause of tuberculosis in a large number of instances, likewise of rheumatism, Bright's disease of the kidneys, diabetes, and even of cancer.

Moreover, as living becomes more and more complex, and competition, especially in our large industrial centres, more fierce, the strain on human vitality is correspondingly increased, and the question of supporting this strain, of making good these heavy draughts upon the system by judicious feeding, comes more and more to the front. There is no doubt that the food problem will be still more widely studied a few years hence.

#### What is Food?

Dr. Robert Hutchison gives the following definition, which we think it would be difficult to improve: “*A food is anything which, when taken into the body, is capable either of repairing its waste, or of furnishing it with material from which to produce heat or nervous and muscular work.*” This definition seems to include oxygen, and we do not know that there is any objection to looking upon oxygen as a food, though it evidently differs materially from other foods, both in its nature and in the manner of its utilisation by the system.

The living body is frequently compared to a steam engine, and the illustration is a good one. The coal used in getting up steam corresponds perfectly to the energy-producing foods, known as fats (butter, nut oils, etc.), and carbohydrates (starch, sugar). Foods of this general class really do undergo combustion in the body, and give off a definite amount of energy. But there is another class of foods which have an entirely separate and distinct office, namely, that of keeping the body in repair, and enabling it to grow and develop. If we could imagine another kind of coal, of which a few shovelfuls added from time to time would enable the engine to repair its worn-out and broken-down parts, and thus keep in perfect trim, this would give some idea of the work done by the nitrogenous foods, of which lentils, gluten, flesh meats, and cheese, are familiar examples.

#### Good and Bad Foods.

Such being the general character of food substances, it becomes a matter of interest to enquire whether all foods are equally valuable, and if not, what principles are to be followed in judging of their relative value. The first item to consider is the amount of **NOURISHMENT** which the food in question contains. Secondly, its **DIGESTIBILITY**. To take a familiar example, bacon is a food rich in nourishment, but it is difficult of digestion itself, and a hindrance to the digestion of other foods. Cabbage is both poor in nourishing qualities and slow of digestion. Well-made bread, on the other hand, is both thoroughly nourishing, and at the same time easy of digestion. Apples and similar fruits, while not affording as much nutriment as the same amount of bread, yet contain acids which aid in the building up of tissue, as well as a considerable amount of fruit sugar, which requires no digestion at all, but is immediately assimilated into the system.

There is still another element which must not be neglected in judging of the

value of the different foods, and that is the question of **PURITY**. Are the various nutritive elements of which a certain food is composed free from poisonous by-products, so that they may be taken into the system without endangering the health of any part of the vital machinery? To take an example, poisonous mushrooms are not without nutritive value, but they are useless as a food, because of the deadly poison they contain. Old cheese contains casein, a nutritive element of known value, but in its decomposed condition, it is infested with substances more or less poisonous, which are decidedly detrimental to health. Flesh meats of all kinds are open to the objection that they contain excrementitious matter of a poisonous character which requires a special effort of the system to get rid of.

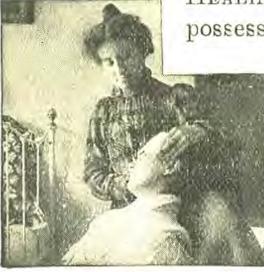
Evidently the best foods are those which afford ample nourishment to the system, are reasonably easy of digestion, and free from poisonous properties.

#### How They Are Distinguished.

How is the average man to distinguish between good and bad foods?—First, he has the sense of taste. As a general rule, wholesome foods are of mild, pleasant flavours, acceptable to the unperverted palate of a child. Unfortunately the palate of an adult is often so far removed from the natural state, that it delights in unwholesome things; but it may be trained to better ways. The sense of smell is also given man to aid him in selecting a proper dietary. No food offensive to the olfactory nerves, is fit to take into one's stomach. The odours of gamy meat, old cheese, and the like, should be sufficient to make these foods odious to a person of delicate instincts. On the other hand, the delicious perfume of a ripe apple seems to invite one to eat it. The eye has a duty to perform in food selection. Good foods look attractive, and come from a source that is above suspicion.

## HOW THE SICK ARE HEALED.

BY J. H. KELLOGG, M.D.



HEALING power is not possessed by doctors, neither does it reside in remedies. The only real power to heal is found in the body itself. The healing force or agency is that same force by which our bodies are maintained in health. It resides in that mysterious principle of life for which science has not yet afforded an explanation. The only solution of the mystery is that given by Holy Writ, with which scientific men are now in general accord; namely, the presence in nature, in every living being, in man, of a beneficent intelligence which is continually creating, restoring, renewing, building, and rebuilding, always doing the best that could possibly be done under the circumstances. The life principle in man is the real healing power. This principle is active in every living cell, and particularly in the blood.

This idea is by no means new. More than a hundred years ago it was demonstrated by John Hunter, who showed that a part quickly dies when the arteries leading to it have been tied, so that the blood supply has been cut off; and more than four thousand years ago the use of blood as food was forbidden, "for the blood is the life." As the blood courses through the channels provided for its distribution throughout the body, it comes in contact with every tissue, vitalising, energising, purifying, repairing, healing,—

"While far and wide, the crimson jet  
Leaps forth to fill the woven net,  
Which in unnumbered crossing tides  
The flood of burning life divides;  
Then, kindling each decaying part,  
Creeps back to find the throbbing heart."

The healing process is active in our bodies continually. Muscular activity, and every other kind of work performed by the body, wears out the working parts, and they must be repaired or healed before they are ready to work again. This is as true of the stomach, the liver, or the brain, as of the muscles. The nature of this ordinary every-day healing which is going on in our bodies, is precisely the same as that required for the restoration of the sick to health. The stomach which is exhausted for the first time as a consequence of the eating of an unusually large meal, will recover quickly, perhaps overnight; while the stomach which has become chronically exhausted as the result of continued over-eating or through transgression of the laws of health, so that a state of slow digestion, or hypopepsia, has been induced, requires rest, the very best of care, and every possible favourable condition during several weeks or months; but if recovery occurs, it will be effected in precisely the same way as that from the consequences of its every-day work.

The process of healing is not a strange or a mysterious operation, but a natural process, as natural as sleep, digestion, or any other bodily function. It is not, then, a process which can be ascribed to the influence of mystical agencies.

Life comes to us from the great storehouse of life, energy, and power. Healing comes from the same source. It is evident, then, that healing power is not a thing that can be bottled up and dealt out in drops or teaspoonful doses; neither can it be compounded into pills or electuaries. It is not something which can be put into a man. The healing power is already in the sick man. It needs only to be stimulated to activity, and aided in its healing processes.

## A BAD COUGH, AND WHAT TO DO FOR IT.

BY M. ELLSWORTH OLSEN.

TH<sup>ERE</sup> are many varieties of cough, such as the hacking cough of consumption, the hoarse, barking cough of croup, the quick, sharp cough which generally appears in the early stages of pneumonia, the nervous cough, etc. In such diseases as consumption, in which considerable mucus is raised, the cough has a physiological duty to perform, and should not be stopped.

The "bad cough" most often complained of does not raise much of anything. It is very likely to be the after result of a severe cold. Sometimes one "catches a cold" at the beginning of winter, and does not fully recover from it till the following spring. Such an all-winter cough is usually a form of chronic bronchitis.

Not only is a bad cough troublesome and aggravating, it is also a drain on the nervous energy. No wonder the victim is very desirous to be rid of it; so much so that he very likely scans the newspaper advertisements for cures, or follows the various advices of numerous well-meaning friends. The remedies commonly recommended cover a wide range of drugs, some comparatively innocent, others capable of doing far more harm than the cough itself. Opium in some form is a frequent ingredient. All such preparations may well be avoided.

As a means of allaying local irritation a mixture of equal parts of lemon juice and

honey has been found helpful. Gargling hot water or inhaling hot steam is probably still better in the majority of cases. The regular use of a good vapouriser will also prove beneficial. Fomentations (flannels wrung out of hot water) applied over the



PUTTING ON THE CHEST-PACK.

chest and between the shoulders are a very effective form of treating a cough where there is congestion of the lungs and bronchial tubes. Care should be taken that the application is really hot; after two or three fomentations of the right sort, the skin should be of a bright pink colour.

The chest-pack, worn at night, is useful in such cases. Our illustration shows the mode of application. A rather long towel

of fine texture, wrung out of cold water, is so fastened as to cover the chest both in front and behind. A piece of thick flannel is then firmly fastened over the outside, so as to completely cover the wet cloth, and is snugly pinned to exclude any chilling currents of air.

It is still better to place a layer of fine mackintosh cloth between the wet towel and the flannel so as to retain the moisture longer.

### Weak Chest.

In some cases the cough is not of a serious character, and would be thrown off very quickly, if the general health could be improved. Many people have what is called a "weak chest." With such, slight exposure is likely to result in a "cold on the lungs," leaving behind a troublesome cough.

The proper medicine for a weak chest is a course of treatment by which it is hardened, and made capable of resisting the cold. Immediately on rising in the morning, wet the hands in cold water and

rub the chest in front and behind; dry with a bath towel, rubbing and slapping till all in a glow. Do the same thing before retiring at night. Occasionally rub into the skin a little olive oil or fine vaseline. Avoid over-clothing either the chest or any part of the body. Chest pads are not to be recommended.

### To Tone up the System.

Affections of the throat and lungs cannot be satisfactorily treated in a local way. The system as a whole must be built up, and when this has been done there is usually little left that requires attention. The adoption of a plain, wholesome diet, excluding spices and condiments and such clogging foods as greasy meats, pastries, etc., will accomplish wonders in the way of curing colds and catarrhal affections. But fresh air at all times, and a moderate amount of exercise, are absolute essentials to health. Neither should regular bathing be omitted. A dirty skin is necessarily hampered in its work of throwing off the poisons of the body.

Where to Get an Appetite.—A lady once asked a physician where she could get an appetite. "Out in the fresh air," he said; "just go right out and get some. Nature has thousands of appetites to give away. The winter atmosphere is full of them. All that nature asks is that you come after them yourself."



EVERY part, every organ, every function of the body is just as clean, just as beautiful, just as sweet, and just as holy as every other part: and it is only by virtue of man's perverted way of looking at some that they become otherwise, and the moment they so become, abuses, ill-uses, suffering and shame creep in.—*Ralph Waldo Trine.*

No man who wants to make good use of his brain can afford to make bad use of his stomach.



"IN HIM WE LIVE."—*Paul.*

O BLISSFUL thought! on this great truth we stand:—

We live, we move, we breathe, and think in God  
The vital air by which the coursing blood  
Is kept in motion, He provides. His hand  
Sustains, directs, and guides on sea or land.  
Where'er we roam, from cradle to the grave,  
He's ever near—and near at hand to save:  
'Tis ours to yield to His supreme command.  
If this be so,—and who shall it deny?  
How pure the life we all should seek to live.  
Safely we may the powers of hell defy,  
Since full protection He vouchsafes to give.  
No moment flies but He for us doth care;  
Whate'er our load, He will our burdens bear.

*Leeds.*

S. K.

# HOME GYMNASIUM.

## A CURE FOR COLD FEET.

BY MRS. H. R. SALISBURY.

WITH the coming of the cold, crisp days of winter, one hears much said about cold feet. The complaint does not come from those who walk any distance or have much active exercise, but from those whose habits are sedentary, as clerks and business men. A great many remedies and cures



for cold feet have been offered from time to time; but remembering that Galen, the Father of Medicine, tells us that the best physician is he who is the best teacher of gymnastics, we may conclude that the best prescription will be intelligent exercise.

One of the best ways of warming the feet, and one that is almost infallible, is to take a run or very brisk walk of fifteen or twenty minutes in the open air. From

such an invigorating exercise one comes in warm and glowing from head to foot. This, however, is not always possible or practicable, but the same results, in a less marked degree, naturally, may be obtained from an indoor run. Open the windows wide so as to insure all the fresh air possible, for one needs more oxygen when exercising strongly than when taking only moderate exercise. Fill the lungs full of air with several deep breaths before you begin, then holding the arms easily at the sides, in a half-bent position, "run in p'ace,"—that is, go through all the movements of running without advancing. Run lightly, let the movements be as elastic and springy as possible, and do not let the heels come to the floor. If you continue your slow, deep breathing, you will find you can run much longer than if you take quick, short breaths, and you will soon be repaid with warm feet.

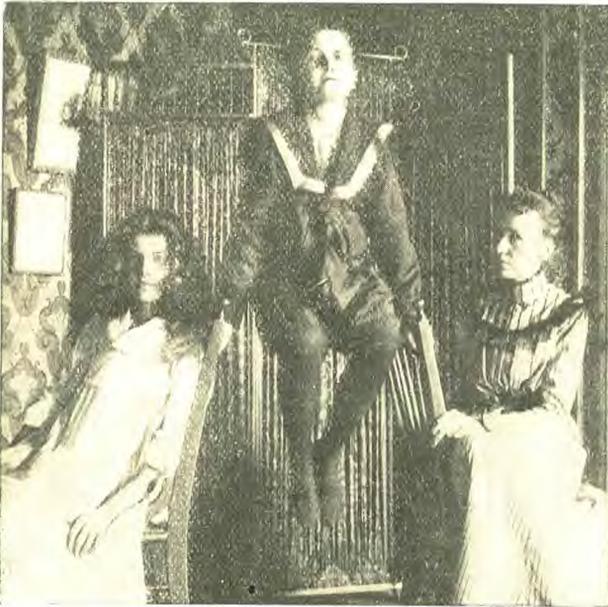
Another very good exercise, and one not nearly so violent, is that of flexing and extending the foot. Raise the leg forward, without bending the knee. Extend the foot as far as you can, till you feel the stretch through all the muscles of the instep, then flex strongly. If taken from twenty to thirty times with each foot, the effect will soon be felt.

Perhaps the simplest exercise, and, next to the run, the best foot-warmer, is simply rising on the toes. This, if taken for five minutes, will rarely fail to bring about the desired result. As the strain upon the muscles of the calves of the legs is rather tiresome if the exercise is taken more than ten or fifteen times in succession, it is best alternated with bending of the knees. One

should stand with the toes well apart, but with the heels together. After rising high on the toes, bend the knees to the position shown in the illustration, keeping the chest well raised and the body erect, not tipped forward. Straighten the knees slowly, rising to tiptoe again, and then let the heels slowly come to the floor. Besides improving the circulation of the legs and feet, this exercise is of great value in developing the leg muscles.

### Simple Gymnastics for Children.

TEACH your boys and girls to make the most of their bodies. This is a very



essential part of a good education. The boy who respects himself, and has been taught to look on his body as something worthy the best care, and the most conscientious efforts to develop, is not likely to want to smoke. If he should fall away temporarily, it is necessary only to point out to him that tobacco seriously affects the heart and other vital organs, and he will immediately desist.

A half hour, devoted now and then to

simple gymnastics for the children, is well spent. Here are a few suggestive movements:—

Stretch the arms, palms facing forward, as high as possible, then bending at the hips, but not below, see how many can lean over and touch the floor.

Raise the arms on a level with the shoulders, and standing with the hips well back, and chest raised, describe small circles with each hand, the movements being from the shoulders.

Walking with a large book or some other article of the same weight balanced on the head, is a good exercise for the muscles of the neck, back, and sides.

By arranging two chairs as shown in our illustration, we have a set of parallel bars upon which many different movements may be performed, which give powerful exercise to the muscles of the arms and chest.

Most important of all is it to teach the children to sit and stand correctly, and to attend to any work they have to do in such a way as to give the lungs full play.

WALKING is an excellent exercise for the old, because a large amount can be done without causing immoderate

excitement of the heart and lungs.

\* \* \*

A COLD bath taken immediately on rising, followed by a brisk walk of fifteen or twenty minutes in the early morning air, is a better means of inducing appetite and good digestion, than any or all of the drugs known to materia medica. Try it if you never have done so, and you will certainly be pleased with the result.—*J. H. Kellogg, M.D.*

## ⇒ OUR SERIAL. ⇐

### A DEAR EXPERIENCE.

BY S. ISADORE MINER.

[THIS story began in the October number. For synopsis of the early part, see the Christmas number of GOOD HEALTH, which may be ordered through any newsdealer. Price 1d.]

GEORGE secured a nurse-girl without any difficulty, and she was promptly installed in her new position. She was not a very intelligent-looking girl, and she was "just over;" but her rosy English face gave her the recommendation of being at least healthy and honest.

The next morning Amy carefully instructed Ellen in the lesser duties of the nursery. She taught her how to keep the room in order and well aired, and gave into her hands the care of Miss Dottie's wardrobe. Her bathing and dressing she would trust to no less experienced or loving hands than her own. All the little personal offices that required the handling of the dainty treasure, she preferred to do herself. Indeed, her friends had often chided her for her scrupulous attention to details in the nursery. The temperature of the room was kept as nearly as possible at 70°, and Dottie's daily morning bath must always be at just the proper heat, 98°. And then such a variety of nursery articles,—soft flannel bath-aprons in which to receive the dear little dripping baby, that the chill of cotton might not touch her; long white linen ones for every-day wear; numerous changes of soft flannel wash-cloths, that they might be spared for thorough cleansing in the regular wash. All the dainty brushes and toilet accessories were looked after with cleanly nicety. Some of these duties she now delegated to Ellen, although under her own supervision.

In the afternoon Amy went with her

new acquisition, or rather George's, for she would not lay claim to her in any way, to the park, to initiate her in the delightful mysteries of baby's airing.

Ellen was willing and handy, and soon became an adept in guiding that somewhat fractious vehicle, the perambulator, although once she almost collided with an absent-minded pedestrian, which she excused on the ground that she was a little "nigh-heyed." But, taking it altogether, she behaved quite admirably, so that George met with no serious opposition next day when he insisted that she should be allowed to give baby her accustomed exercise alone.

Still it was with many misgivings that Amy watched them disappear from sight, after giving Ellen many parting injunctions to look out for carriages when crossing streets, and to be careful not run against any one.

Ellen, however, went on her way without any forebodings. She was quite favourably impressed with her new mistress, though she thought she was a "little bit daft" over the baby. "To be sure," she concluded goodnaturedly, "it's a likely child, almost as fine as I've seen in Hengland."

The air was fresh and cool,—the coolness that betokens rain,—and the park with its bright sward, sparkling fountains, and winding drives, was well patronised. It seemed as if every nurse-maid in the city must have been there with her little charge that afternoon. Groups of three or four had collected under almost every tree, dandling the tiny ones in their arms, while the older ones ran about at their own free will, a prey to careless coachmen, cross dogs, and every contagious disease going the rounds.

Ellen's mind was so taken up with sight-seeing that she really allowed what her mistress had especially warned her against—a collision. But as it was only another perambulator, and not “any one,” she judged that she had obeyed the spirit, if not the letter, of her mistress's injunction, especially as its late occupant was at present seated on an afghan under an adjacent tree.

The noise of the collision aroused a sleepy-eyed nurse-maid on the other side of the tree, who craned out a long neck, and asked with a strongly-marked Hibernian accent, “What be ye afther doing?”

Ellen presented the necessary apologies, and the Hibernian, somewhat mollified, condescendingly remarked that it was “no

matther at all, so long as it didn't break any of the craychur's rollers.”

Thus introduced, the two began a characteristic conversation, and as Dottie was quite fascinated by the little stranger on the afghan, who was reaching its tiny hands to her and cooing in the most seductive way, Ellen was bidden to “lift the choild down, and let them take care of themselves,” which she did, despite the fact that either child was thus laid liable to any disease with which the other might be afflicted.

A pretty picture they made seated together on the scarlet afghan,—the two little girls so nearly alike in looks, age, and size, that the passer-by would easily have taken them for twins, dressed all in white.

(To be continued.)

### GOOD HEALTH SUGGESTIONS.

If there were less singing of the teapot, there would be more singing in the heart. Excessive tea-drinking does not contribute much toward the stock of family patience and good cheer.



Cold weather means suffering for the poor; starvation for some. Let us bind about our own wants, live simply and abstemiously, and thus have something with which to help the unfortunate. This is the Gospel plan.



Make a business of *looking* happy as well as feeling so. There are so many care-worn faces on the streets now-a-days. A glad smile is like a ray of sunshine; a gentle, cheerful voice is a healing cordial. Moreover, to be cheerful and pleasant to others is to keep young yourself.



The average person spends about one-third of his life in bed. See, then, that your bed is arranged on health lines. Feathers are heating and very difficult of renovation. A good hair mattress on springs is far better. The bedding should

be frequently hung on the line to air. All clothing worn during the day should be removed at night. The bed must not have even the suspicion of dampness.



If you are in the habit of sleeping with your window closed, you are treating your lungs very shabbily, giving them only dirty air with which to cleanse the blood. To breathe the same air over and over again is much the same as to wash your face morning after morning in the same water.



Never remain indoors because the weather is unfavourable. The healthy man or woman enjoys all kinds of weather, and the semi-invalid will recover much more rapidly if he will throw to the winds his fears of damp and cold, and just cultivate friendly relations with the great Out-o'-doors. Even if the weather is stinging cold, the daily walk should not be omitted, and as for rain and wind, they will not harm anybody. Pure, cold air is a tonic which would soon be in great demand if controlled by one of the big patent-medicine firms, and doled out at so much per barrel.

M. E. O.



## Children's Page.

### THE HOUSE BEAUTIFUL.

COME, Mary, let me tell you something more about the mouth. In health the mouth is always moist, and has a pleasant taste. But in fever it becomes dry and parched and even painful, and the taste is bad.

Many people who appear to have fair health often have a bad, nasty taste, especially in the morning. This is usually due to indigestion, late suppers, decayed teeth and various bad habits.

The moist juice is called *saliva*. Can you remember that name? Well, never mind, for it does not matter as long as you remember what it does.

First, it keeps the mouth moist at all times, and enables us to speak and sing.

Second, it helps digest the food we eat, by changing starch to sugar.

You have noticed that when you chew bread it soon becomes sweet. In this way it is prepared to help make the blood and so nourish the body.

So you see, dear, that it is quite im-

portant to chew the food well so that it may be properly mixed with the mouth juice and be digested. If you would always have good digestion, eat slowly.

Drinking freely at meals is a bad habit, for the natural juice becomes so diluted that it cannot do its work properly. It is better to drink in the morning and evening and between the meals.

Next month I shall tell you something about the tonsils and throat.

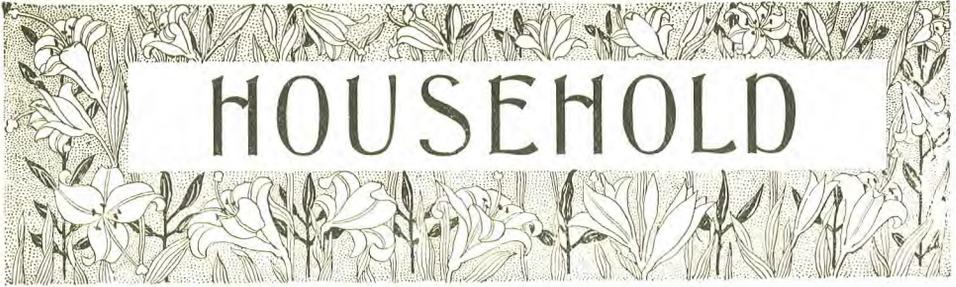
### Changed His Mind.

"FATHER wants to know if you would like a piece of pork when he kills our pig," asked a small boy of his school-teacher.

"Tell him I should appreciate it very much," was the reply.

A week passed, and, the pork not having put in an appearance, the teacher called the youth to the desk, and said, "I don't believe you thought to tell your father that I would like the pork, did you?"

"Yes, sir," said the lad, "but he isn't going to kill it now, 'cause the pig has got well."—*Selected.*



### Cultivate Pure Thoughts.

BY MRS. E. E. KELLOGG.

It is not safe for the young woman who desires to remain pure in action, to think impure thoughts. We cannot indulge in evil imaginations without weakening the powers of the will and the conscience. Each time we consent to an evil deed in thought, or dwell upon an impure theme, it loses some of its hideousness, and conscience is partly won over. A mind accustomed to dwell upon sin, soon ceases to look upon it with aversion. With the barriers against sin thus weakened, the work of ruin is only a question of time and circumstances.

It is well for us to remember that the change from virtue to vice is never a sudden one. The way to ruin is a gradual descent, having its beginning in the harbouring of impure thoughts, the feeding of the imagination upon forbidden pleasures, the dallying with evil, until, when the hour of sudden and unusual temptation comes, the "smouldering fire flashes into open sin."

None of us can tell when sudden temptation may overtake us. How important, then, that we cultivate the habit of pure thinking at all times! One of the most helpful aids to the cultivation of such a habit of thought, is the pursuit of some useful employment or study. The cup that is full, can contain no more; just so one whose mind is filled with useful thoughts of work and study, will have little room for sinful imaginations.

**To Weary Women.**—Many a woman stands when she might sit; and keeps on her feet when, if she were watchful of her opportunities, she could often take a little rest. It requires much more muscular strength to stand up than it does to sit down, and much more strength to remain in a sitting position than it does to lie down. If weary women would sit when it is possible, instead of standing, and if they would take their time to rest in the middle of the week instead of taking time to be ill at the end of the week, they would doubtless find themselves able to do more work in the course of a year, and do it better and more easily, than they can by their present method.—*Sel.*

### The Cooking of Vegetables.

THE average length of time required for the cooking of tubers, although much depends upon the age, size, and freshness of the vegetables, is about as follows:—

Potatoes, baked, from thirty to forty-five minutes.

Potatoes, boiled, from twenty to thirty minutes.

Beets, baked, from five to six hours.

Beets, boiled, one hour if young; if old, from three to five hours.

Parsnips (young), baked, from forty-five to sixty minutes.

Turnips (young), boiled, forty-five minutes.

Turnips (old), boiled, from one and one-half to two hours.

Carrots, boiled, from one to two hours.

It is important that as short a time as possible elapse between the cooking and the serving of most vegetables. If for any reason they cannot be served at once, it is best to dish them, and place the dish containing them in a pan of hot water, where they will keep hot but will not cook.

MRS. E. E. KELLOGG.

### Simple Food Recipes.

**Boiled Apples with Syrup.**—Halve and remove the cores of a half dozen nice apples, leaving the skins on. Boil till tender in sufficient water to cover them. Take out with a fork into a glass dish. Add to the juice three or four slices of a large lemon; boil for ten or fifteen minutes; sweeten to taste; then pour over the apples, and cool.

**Hash Sandwiches.**—Cut slices of bread into round pieces. Dip them in egg beaten up with a little milk and a pinch of salt, and bake on an oiled tin in a hot oven until light brown. Make a hash of finely chopped protose\* and cooked potatoes, seasoning with salt and a little onion juice and lemon if desired. Cook until well heated. Put a piece of the toast on a plate with a spoonful of the hash on top, garnish



HASH SANDWICHES.

with lemon points, and serve at once. A poached or boiled egg may be served on top of the second piece of toast, or the rounds of toast may be used instead of plain toasted bread to serve eggs upon.

**Stewed Prunes.**—Clean the prunes by putting them into warm water; let them stand a few minutes, rubbing them gently between the hands to make sure of removing all dust and dirt, rinse, and if rather dry and hard, put them into three parts of water to one of prunes; cover closely, and let them simmer for several hours. If the

prunes are quite easily cooked, less water may be used. They will be tender, with a thick juice. The sweet varieties need no sugar whatever. Many persons who cannot eat fruit cooked with sugar, can safely partake of sweet prunes cooked in this way. A slice of lemon added just before the prunes are done, is thought to be an improvement.

**Broiled Protose.\***—Remove the protose from the tin, slice rather thin, and parboil the same as beefsteak. Serve hot with a dressing prepared by cooking together for a few moments two cups of cooked lentil pulp, one and one-half cups of strained stewed tomato, a tablespoonful of nut butter, and one-third cup of protose made into a pulp by being put through a vegetable press.

**Stewed Beans.**—Soak a quart of haricot beans in water over night. In the morning, drain, turn hot water over them an inch deep or more, cover, and place on the range where they will only just simmer, adding boiling water if needed. When nearly tender, add salt to taste, a tablespoonful of sugar if desired, and half a cup of good sweet cream. Cook slowly an hour or more longer, but let them be full of juice when taken up, and never cooked down dry and mealy. They are also excellent prepared thus without the addition of cream.

### Daughters Helpful and Otherwise.

THE London *Academy* is responsible for an excellent story of De Quincey.

“He had to fill up a census paper, and the set questions puzzled him greatly. He finally managed to characterise his occupation as ‘writer to the magazines,’ but when he came to the occupations of his three daughters, his troubles began again. At last he put a ring around their names and wrote: ‘They are like the lilies of the field—they toil

not, neither do they spin.’”

It is to be hoped that this description does not apply to any of the young ladies who read GOOD HEALTH. Domestic duties may be engaged in with real advantage to health and to bodily development. Such work is in no sense degrading. To lighten the cares of mother, and help make home attractive for father and brothers, should be the earnest endeavour of every loyal daughter.

\* See page 226.

## DAINTY TRAYS FOR THE SICK.

COOKING should always be done with exquisite care and cleanliness, and the food served in the most appetising form.

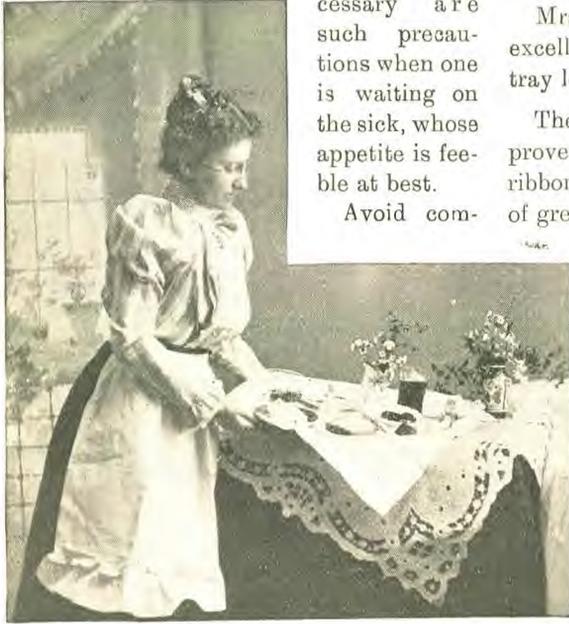
Especially necessary are such precautions when one is waiting on the sick, whose appetite is feeble at best.

Avoid com-

pleted the meal, remove the tray immediately from the room. Nothing so dampens appetite as to see food standing around.

Mrs. Lulu T. Burden gives the following excellent suggestions on how to make the tray look attractive :—

The appearance of a tray may be improved by the use of flowers or a bit of ribbon daintily arranged. A delicate spray of green, such as maidenhair fern or smilax, is also appreciated.



plicated dishes. Simple foods prepared with art and delicacy, and daintily served, will be taken with the most relish, and digested with least difficulty. Wheat gluten forms the base of many excellent gruels, and is convenient to use, being already thoroughly cooked. Fruit juices, among which we should not fail to mention Welch's grape juice, are ideal forms of nourishment for the sick room. Among the cereal foods, Granose Flakes, fresh toasted in the oven, is probably the best. Zwieback, which may be made in any home by toasting bread throughout in a slow oven, is also good.

Always serve the food in small amounts, and in the prettiest dishes the house affords. Glassware, crockery, and cutery should of course be exquisitely clean and shining. As soon as the patient has

A tray made up with an orange or yellow effect in colour is doubtless the prettiest that can be set, as it comes like a ray of sunshine into the sick-room, inspiring in the patient bright and cheerful thoughts. A light heart will aid digestion, and what is needed more than a little painstaking along this line? Oranges, bananas, pears, peaches, all kinds of bread, and almost any of the cereal prepara-

tions will harmonise in colour for such a tray. A yellow rose arranged in the folds of a napkin tied with some yellow ribbon adds beauty to it.

A purple tray also appeals to the eye of the sick. There are grapes, plums, and blueberries to choose from for fruits, together with toasts, gruels and grains. By carefully choosing from the above and selecting some pretty flower, such as the purple pansy, an attractive tray may be arranged.

Usually an experienced nurse or doctor writes out the menu for the patient, but in so doing he never fails to observe the combination of foods, as well as their digestibility. Fruits and vegetables are a poor combination, also milk and sugar, or milk and fruits.

### Something About Prunes.

REALLY wholesome food is quite likely to have favourable antecedents—a good family history. The next time you are eating some fine California prunes, cooked to a turn, and tasting “sweet as sugar,” though containing naught of the sugar of commerce, and bathed in its own rich juice, it will not spoil your appetite to think where these prunes came from, and by what processes they have been prepared for table use. The prune orchards of sunny California are among the most beautiful sights of that famous State. Standing in straight rows, covering hundreds and hundreds of acres, the shapely trees, with fragrant blossoms, or weighted with delicious fruit, make a picture of rare beauty.

The picking is done with the greatest care, and the drying process, rendered rapid by the bright, sunny weather of California, is also performed with due regard to cleanliness, and in such a way as to retain the natural flavours.

Prunes, well cooked, are a fruit of great value. Being gently laxative in their effects upon the bowels, they are a useful corrective in constipation. For delicate stomachs the skins may prove irritating; in such cases the prunes may with advantage be put through the colander.

### How to Treat Earache.

THIS is a symptom of a condition which is the occasion of a great deal of suffering, and one which frequently impairs the sense of hearing if not promptly and properly treated. The pain is usually intense, and demands energetic treatment for its relief. If the proper treatment is employed, relief is usually experienced in a short time.

The most common cause of this disorder is taking cold in the head and ears. Often the obstinate crying of children is

due to earache. In such cases the child will be noticed frequently to bring the hands up to the side of the head.

The best treatment in such cases is the employment of heat in some form, such as fomentations, rubber bags filled with hot water, or cloth bags (flannel is preferable) filled with hot bran, maize-meal, sand, or any similar substance which will retain the heat for a considerable length of time. In whatever form the application is made, it must be as hot as can be borne. It is usually necessary to keep up the application of heat for some time. The fomentation is generally the most convenient means of applying the heat. It should be of sufficient size to cover the whole side of the head, and extend under the chin. The hot douche to the ear, when used with discretion, is also an excellent remedy in such cases. The water should be as hot as can be borne. Other simple measures, such as the hot foot-bath, hot sitz bath, and the hot blanket pack, are often useful in relieving the pain.

CHARLES E. STEWART, M.D.

—♦—

**The Good-night Kiss.**—Send your child to bed happy. Whatever cares press, give it a warm good-night kiss as it goes to its pillow. The memory of this in the stormy years that fate may have in store for the little one, will be like Bethlehem's star to the bewildered shepherds. “My father, my mother, loved me.” Fate cannot take away that blessed heart balm. Lips parched with the world's fever will become dewy again at this thrill of youthful memories.—*Sel.*

—♦—

AN eminent writer contends that the ancient practice of hand-shaking was originally suggested by the wish to ascertain the wrist power and consequent wrestling capacity of a stranger.

## EDITORIAL.

### WHY PEOPLE HAVE CANCER.

LAST month we discussed the nature of cancer, and how it affects the body. At first a local disease of the skin, or breast, or stomach, or some other organ, it soon shows a marked tendency to spread to other parts of the body, through the transfer of cancerous matter by the blood and lymph.

#### Cancer Increasing.

The death rate from cancer is steadily and even rapidly increasing in most countries. According to Dr. Allen, of Melbourne University, the number of deaths from cancer in Australia has increased in thirty years, from 485 to 2,136 per annum. During the past twenty years the fatal cases in New Zealand have risen from 138 to 430 yearly. In both cases this increase is much larger proportionately than the growth of population.

There has also been a rapid increase of this deadly malady in England, France, and other European countries. In twenty years the mortality caused by cancer in France has advanced 33½ per cent.

#### Why this Increase ?

There must be a reason for such a marked increase of this much-dreaded disorder, and we believe it is to be found in the widely prevailing neglect of the laws of life and excesses of various kinds which lower vitality, diminish the resistant forces of the body, and make for disease.

The free use of irritating condiments, and of pickles, cheese, and many other indigestible compounds, as well as much flesh food, tends to bring on cancer. Poor food makes tissues of an inferior quality, which are liable to undergo cancerous change. There is first a physical de-

terioration, a degeneration of the tissues and organs, and this permits the development of cancer, itself a type of degeneracy.

#### Smoking Favours Cancer.

It is a well-known fact that the use of a pipe, especially the common clay pipe, is a common cause of lip cancer. Mouth or lip cancer is seldom found in women, except those who use a pipe, but is not infrequent among men, the great majority of whom smoke. The pipe produces a local irritation of the skin which sometimes develops into cancer. The poisonous nicotine of the tobacco is also irritating, and doubtless aggravates the condition. It is far safer to avoid smoking entirely. No real good whatever comes from the use of tobacco in any form, but on the other hand much evil.

Cancer of the tongue may also be brought on by smoking. Sometimes it is caused by the irritation produced by a jagged, decayed tooth. If the teeth are defective, they should be attended to.

#### Cancer Rare Among the Jews.

The Hebrew race is practically immune from cancer, and this is probably due to the care they exercise in the selection and preparation of their food. They always have their own butchers, and take great pains to avoid diseased meats. All the animals must be killed in a certain way, and thoroughly bled.

Moreover, the Jews follow the instruction given to the Israelites of old, and refuse to eat the flesh of swine and many other animals. As a result they are a remarkably vigorous and sturdy people, who enjoy a large degree of immunity from many of the diseases that afflict other races.

There can be no doubt but that the free use of flesh foods, and especially of pork, tends to grossness of both body and mind. The tissues deteriorate in quality, and then all that is required to start a cancerous growth is some irritant; such as a clay pipe, a sharp tooth, tight stays, or the presence of pepper, mustard, alcohol and other irritants in the stomach.

### Cancer Patients Dyspeptics.

It is a common observation that most cancerous subjects are chronic dyspeptics. This is significant but not surprising. The conditions which produce dyspepsia also prepare the way for cancer. Excessive eating and drinking, indulgence in rich and stimulating foods, the use of alcoholics, tobacco, and of any narcotic soon lead to chronic indigestion and imperfect nutrition, thus paving the way for cancer and other fatal diseases.

### The Influence of Air on the Sense of Smell.

THE *Lancet* for Nov. 1, contains an interesting article under the foregoing title, from which we quote a few lines: "The sense of smell is undoubtedly much more keen in fresh, energising air, than in stale or polluted air. . . . It is well-known that persons in a crowded room are oblivious of the foulness of the air until they go outside and come in again. A person entering the room from the fresh air at once complains of stuffiness. There would seem to be a subtle connection between an abundance of air and the sense of smell. . . . In our columns this week, a correspondent relates an instance in which people living some distance away from a sewer ventilator, complained of the foul nature of the emanations from it, while the engineer in charge declared that he had tested the discharge at the pipe itself, and found no perceptible odour. In the same

way the scavenger in the sewer experiences no disgust, while the man standing over a street ventilator may be overpowered with the offensive smell.

All this emphasises the great importance of efficient ventilation. No one can afford to do without fresh air. The offensive, foul air of a close room is positively dangerous. It not only blunts and paralyzes the sense of smell, but poisons the entire system, and weakens the resistive forces of the body.

### Nasal Catarrh a Germ Disease.

ACUTE nasal catarrh, or a "cold in the head," as it is more commonly called, is quite prevalent at this season of the year, and causes much annoyance and even serious consequences at times. In every case germs are present, and the catarrh is to a greater or less extent infectious. If through any means the germs are transferred to a healthy person there is danger of taking the disease.

A German scientist, Pfeiffer, has recently made a study of this subject. He finds that the microbe (a micrococcus), which is frequently present in the mucus of the nose and throat, is a direct cause of acute nasal catarrh. Further, he believes that this germ prepares the way for influenza.

There are, doubtless, other germs which act in the same way, and lead to nasal catarrh. To be free from this danger it is necessary to keep the mouth and nasal cavity clean. This is partly accomplished by carefully cleansing the teeth after each meal, and using as a gargle a mild antiseptic solution, such as cinnamon water, Peroxide of Hydrogen, or Sanitas.

But this is not sufficient. To have a clean, sweet mouth, the stomach also must be clean and healthy. Fermentation in the stomach and other gastric disturbances all tend to produce a "bad taste" in the

mouth, and encourage the growth of germs.

To escape the prevalent "colds," the body should be fortified by tonic measures, such as the cold morning bath, alcohol sponges, salt glows, etc., by supplying an abundance of pure, fresh air, and by keeping the body warm by suitable clothing and exercise, instead of warming oneself by the fire.

### Alcohol and the Absorption of Food.

THE influence of alcohol upon digestion and absorption is not yet fully understood. That it is an irritant and interferes with normal digestion, is generally conceded. Used freely it soon gives rise to a very severe form of gastric catarrh.

A recent number of the *Lancet* contains a brief report of the investigations of Dr. Arthur Clopatt, of Helsingfors, Finland, on this subject. He finds,—quoting—"that alcohol has no demonstrable action in promoting the absorption of food from the intestine." In our opinion alcohol not only does not promote absorption, but rather tends to hinder this process. It is best to give alcohol a severe letting alone.

### Worms as a Cause of Appendicitis.

AMONG the various causes of that increasing malady, appendicitis, we must now recognise worms of several kinds. Careful observation goes to show that their frequent presence in the intestine is not an accident, but rather that they are productive of mischief in setting up the disease.

Great care should be taken in the selection and preparation of food, so as not to introduce worms into the intestinal tract. If already there, get rid of them as soon as possible. They are a menace to life, as well as a continual annoyance.

### Reaction of the Blood.

NORMAL blood has a distinct alkaline reaction. According to Brandenburg, the alkalinity is decreased in grave anæmia, that is, it tends to become acid. The same is true of fevers, more especially of pneumonia. The exact cause of these changes is not understood, though several explanations are offered.

## QUESTIONS AND ANSWERS.

Our correspondents are requested to enclose a penny stamp with their questions, as it is often necessary to answer by post.

**Offensive Perspiration.**—F. Y.: 1. Would like to know the cause of offensive perspiration. 2. Is it constitutional? 3. Would like to know if there is a remedy for it.

*Ans.*—1. It may be due to some form of food or medicine, or an indication of some internal disease, but more often the cause is unknown. 2. Sometimes. 3. Attend to the general health if necessary. Observe scrupulous cleanliness. Bathe the parts several times a day, putting a little salt or alum in the water. Use tar or carbolic acid soap. Use woollen socks, and easy, comfortable shoes. Improve the circulation by exercise.

**Knock Knees.**—W. L.: I should be obliged for advice concerning knock knees in a boy of thirteen.

He is apparently in good health, but his knees completely disfigure him.

*Ans.*—Suitable apparatus for correcting the deformity is doubtless required. Massage and appropriate Swedish medical gymnastics would be helpful. Consult a physician.

**Suppers—Boiling Water—Nasty Taste.**—I. 1. Are suppers detrimental to good health? 2. Should water be boiled before using? 3. What causes a nasty taste in the morning upon waking?

*Ans.*—1. Yes, when taken late or composed of indigestible articles, pastries, sweets, cheese, etc. Three meals are enough, and the last should be taken not later than six or seven. 2. Yes, if there

is doubt as to its purity. Otherwise it is unnecessary. 3. Indigestion and bad teeth.

**Health Foods for Infants.**—Mother: Are any of the health foods good for infants when the mother's milk does not satisfy?

*Ans.* Yes. A thin gruel made from malted nuts or granose flakes forms an excellent food for infants.

**Tea and Nervous Debility.**—L. S.: Would the taking of tea three or four times a day for many years account for nervous debility and general lassitude and an irritable temper?

*Ans.*—Yes, quite likely. Tea contains *theine*, a nerve poison, which injures the nervous system and leads to the condition mentioned.

**Anæmia.**—M. C.: 1. What is the cause of anæmia? 2. How should it be treated?

*Ans.*—1. and 2. See article on anæmia in November GOOD HEALTH for a full discussion of this subject. Order through your newsdealer or post free for 1½d.

**Sweet Fruit Instead of Sugar.**—Question: Would it not be best when stewing acid fruit to mix with sweet fruit instead of sugar?

*Ans.*—Yes; especially for those who have a weak stomach. The natural fruit sugar is more easily digested and more wholesome. Cane sugar often gives rise to fermentation and flatulence.

**Simple Gymnastic Exercises.**—S. C. H.: Will you please as soon as possible send a few simple gymnastic exercises, which can be taken without much expense for apparatus?

*Ans.*—By joining the Good Health School of Physical Culture you will obtain full instructions for a thorough course of gymnastic training and physical development. See announcement on another page of this number. Full particulars for a stamp.

**Food Combinations — Heart-Burn. — Nuts.**—“Eden.” 1. Kindly tell me the best food combinations. 2. Is crushed wheat twice a day too often when taken with fruit? 3. Should tomatoes be taken with cocoa and brown bread? 4. Give me a cure for heart-burn. 5. How often should nuts be taken? What quantity at a time? With what varieties of food? 6. I take long walks each night. Is a cupful of dissolved “Plasmon” and a biscuit good after this exercise. 7. What kind of oil should I take, if any? 8. What foods make rich blood and beautify the skin? 9. Are lentils, tomatoes, and beans combined sufficient for the mid-day meal?

*Ans.*—1. The following make good combinations for most people: Fruit, breads, grains and nuts. Breads, grains, and vegetables. Grains, breads, and milk. Grains, vegetables, flesh meats. Milk does not go well with either fruit or sugar as a

rule. 2. No. 3. Tomatoes and brown bread go well together. Cocoa is not necessary, and it is not a good practice to drink while eating. 4. Heart-burn is often due to fermentation in the stomach, and if so, empty the stomach by drinking lukewarm water. Sipping hot water will frequently give relief. 5. Once or twice a day. One to three ounces. Nuts may be taken with fruit, breads, grains, or vegetables, and must be well masticated. 6. Rather take some fresh or stewed fruit or baked apples. 7. None. 8. Fruit, breads, and nuts. 9. Yes, but it is not necessary to take both lentils and beans at the same meal.

**How to Put On Flesh.**—E. K.: I should consider it a great favour if you would kindly tell me how to put on flesh. Could you recommend anything to cover up the bones, as I have such an ungainly appearance.

*Ans.*—Some people appear to be normally thin, bony, and angular. Well-cooked grains, brown and wholemeal bread, rice, macaroni, potatoes, etc., are all excellent foods, and well-adapted to round out the angularities of a thin person. Fruit, too, is valuable, and nuts, milk, eggs, and the finer-grained vegetables. If you wish special foods, I can recommend the preparations of the International Health Association of Legge Street, Birmingham, especially their Toasted Wheat Flakes, Bromose, Protose, and Malted Nuts.

**Gastric Catarrh.**—F. B.: Will you kindly give me advice for gastric catarrh? I have wind, heartburn, and swelling of the stomach, also pain after eating. It is of nine months' standing, and was brought on by heavy drinking, smoking, late hours, and other bad habits.

*Ans.*—Drop alcoholics of all kinds, also tobacco. Avoid tea, coffee, and condiments. Drink water freely in the morning and between your meals. Take a fruit and bread diet for a few days. For the pain, apply hot cloths, as directed in the January number of GOOD HEALTH. For further particulars, see “Biliousness, its Cause and Cure,” 1½d., post free.

**Want of Vitality — Depression.**—E. B.: I suffer from want of vitality, depression, and lack of energy. I am losing flesh and am very thin. I do try to fight against it, and have taken lots of medicine, and have attended the hospitals. I thought you might tell me of something that would relieve or cure me.

*Ans.*—Get out of doors and take exercise in the fresh air. Take the morning cold bath. Drink water freely. Adopt a fruit diet for a few days, then add breads, grain preparations, nuts, nut foods, vegetables, and milk and eggs, if they agree with you. Avoid alcoholic drinks, tobacco, tea, coffee, and condiments, also drugs, and all patent remedies. Cultivate a happy, cheerful, and hopeful life, and always look on the bright side.

# Good Health

An Illustrated Monthly Magazine Devoted to Hygiene and the Principles of Healthful Living.

Yearly Subscription, Post Free, 1s. 6d.  
Single copy, 1d., by post, 1½d.

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451 Holloway Road, LONDON, N.  
Telegraphic Address: "Uprising," London.

GOOD HEALTH thanks its readers for their kind co-operation in the past, and hopes, while retaining the old ones, to make many new friends during the coming year.

\* \*

NEW YEAR'S DAY is usually considered an appropriate time for making good resolutions. Let us endeavour to attain more perfectly to that harmony with nature, or rather the laws of God, which means health, and then put forth greater efforts to help others so to attain.

\* \*

OUR article on "A Bad Cough" refers to "fomentations," without giving any very definite directions for their application. Full instructions for the same will be found in an illustrated article in the January GOOD HEALTH, old series, which may be had post-free for 1½d. There is real science in giving a proper fomentation.

\* \*

THE Belfast Sanitarium is well fitted out for giving all the leading hydropathic treatments, as well as affording the patient the special advantages of a healthful dietary and the personal supervision of a qualified physician who has been connected with our central institution, the Battle Creek Sanitarium. Full particulars as to rates, etc. may be had on dropping a post-card to the Secretary, 39 Antrim Road, Belfast.

\* \*

MAIL subscribers will have noticed that their copies of GOOD HEALTH are printed on thinner paper than before, and trimmed a little closer. This is done to enable us to post the magazine at a halfpenny a copy. Although the cuts necessarily do not appear to us good advantage in this thin-paper edition, we believe our readers will prefer the new arrangement, as it enables us to offer a year's subscription at only 1s 6d.

\* \*

THE Birmingham Good Health League, active and aggressive ever since its organisation a year ago, has greatly added to its prestige by a Good Health School, conducted under its auspices by Dr. A. B. Olsen, of the GOOD HEALTH editorial staff, and Mrs. H. R. Salisbury, one of our esteemed contributors, and also a graduate nurse and physical culture instructor of the Battle Creek Sanitarium. Held in a commodious hall in the very heart of the city, the School was attended by a large and enthusiastic class of

students bent on learning the laws of health. The afternoon sessions, conducted by Mrs Salisbury, were devoted to practical demonstrations in Healthful Cookery, and Simple Treatments for the Sick, also including talks on Healthful Dress. In the evening Dr Olsen lectured on various health subjects, following the lecture with a question-box. The school occupied the afternoons and evenings of four days, Dec. 8-11 inclusive, and grew in interest till the close.

We are glad to announce that a similar school will be held at Leicester, January 26-29, under the auspices of the Leicester Food Reform Society. Full particulars of this school may be obtained of the Society's able Secretary, Mr. G. A. Goodwin, Marble Street Printing Works, Leicester, or of Mr. Buckland, our special representative in Leicester, residing at 10, Cooper Street, Belgrave. We trust no reader of GOOD HEALTH who can possibly attend, will miss this excellent opportunity of receiving practical instruction in the health principles.

\* \*

OUR advertisers are perhaps entitled to a few words of praise. We need only say what the readers have already observed, that we put up the bars pretty high, and only really meritorious enterprises are able to get in at all. In fact, we consult our readers' interests in the matter. Thus we advertise the food products of the International Health Association, not only because it is a first-class British firm worthy of hearty support in its efforts to put good foods on the market, but also because these particular foods possess special value for those who are adopting a reformed dietary. The same general statement would apply to the Hovis Co., Briggs Indian Food Co., the Natural Food Co., and other firms we might mention.

Confirmed flesh-eaters sometimes say, "If we give up meat and fish, what is there left to eat?" A good answer to such a question would be to hand the person one of the price lists of the three well known firms who cater especially for food reformers. We refer now to the Pitman Stores, Corporation Street, Birmingham; Mr. T. J. Bilson, 86 Grays Inn Road, London, W.C.; and Mr. Frederick Bax and Son, 35 Bishopsgate Street Without, London, E.C.

Speaking of supplies for reformers, mention should be made of the Gem Supply Co., which is doing a very large business in Vapour Bath Cabinets, Sanitary Stills, and other apparatus of special interest to our readers.

In the present number two new firms are introduced to our readers—The Sochon Patent Shoe Co., and the Olive Oil Soap Co. Next month we may be able to give a few interesting particulars in regard to these enterprises, as well as concerning the Marvel Spray. In the meantime we feel sure that any inquiries on the part of our readers, and these, by the way, should be sent directly to the various firms and not to us, will receive prompt and careful attention.

\* \*

WE learn from Battle Creek that the magnificent New Sanitarium building, a cut of which occurs on page 227 of this issue, is practically finished, and is being rapidly equipped for patients.

(Continued on page 256.)



## THE GEM PURE WATER STILL

### A Lesson from the South African War.

A recent Government Report states that, out of a total of 21,007 deaths from all causes, there were no less than 12,664 due to sickness or malarially enteric fever, caused by drinking poisonous microbe-laden water. The importance of pure water in relation to health needs no stronger testimony, showing as this report does that the ravages of water-borne disease are far more deadly than a hail of Mauser bullets. Physicians are well aware that even ordinary misnamed "good" water is responsible for many of the diseases of humanity in the guise of rheumatic and kindred complaints, kidney troubles, skin and blood diseases, liver complaints, stone in bladder, etc. Mere filtering is a subterfuge of no value, for so small are the germs of disease that they can escape through the pores of a filter hundreds abreast.

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## GOOD HEALTH GLEANINGS.

*Patient*: "At times when I eat too much, I suffer terribly. What would you recommend, doctor?"

*Doctor*: "A stomach pump."

→\*~\*←

The London Vegetarian Society is doing an excellent work in supplying breakfasts to thousands of hungry school children at a penny apiece. Such an enterprise deserves the hearty co-operation of all philanthropic persons.

→\*~\*←

*Stout Old Lady* (to chemist's youthful assistant): Boy, d'ye keep a preparation for reducing flesh?

*Boy*: Yes, ma'am.

*Stout Old Lady*: Well, I don't know how much I ought to get.

*Boy*: Better take all we've got.

→\*~\*←

### Juicy Meat.

SEND to the butcher's shop for a tumblerful of fresh blood, then take a slice of nice white bread, dip it into the glass of blood, and then lift it out and let as much of the blood drain off as will. Now remember that what makes this bread so juicy, and colours it so distinctly, is precisely what gives to every piece of flesh food its juice and colour. The blood which remains in the flesh when the animal is killed is of the same character as that which drains away through the blood-vessels. That slice of bread might be subjected to a stream of water for a sufficient length of time so that all the blood could be washed out of it. Likewise a piece of flesh can be put under the hydrant, and a stream of water allowed to flow over it for a few hours; then all the blood and waste matter will be washed away and only the real food substance will remain. It will then appear almost as white as ordinary bread, and will be about as tasteless as so much wood.

DAVID PAULSON, M.D.

## "One Hundred Hygienic Food Recipes,"

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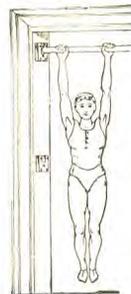
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